



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
 Hohegeiß / 06.05.2012

□□□□

Wöhler, Alexander

□□□: 2:45:46

□□: Hasselfelde

□□: 19.91 km/h

□□: 56

□□□□: 3:01 min/km

□□: 55.00 km

□□□□□/□□□: 25 (of 46)

HarzMan 10,0-40,0-5,0

□□□□□/□: 24 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 10(of 14)

AK 2 männlich (30-39 Jahre)

□□□□□□□: 2:19:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:29	4:11	13	2:32	31	2:32	2.50	10:29	4:11	10	2:19	4	0:27
□□ 2	2.50	11:21	4:32	13	2:57	35	2:57	5.00	21:50	4:21	10	5:00	4	1:42
□□ 3	2.50	11:39	4:39	13	3:01	36	3:01	7.50	33:29	4:27	10	7:35	4	2:40
□□□ Rad	2.50	13:08	5:15	13	3:55	33	3:55	10.00	46:37	4:39	10	10:48	4	4:35
□□ 1	0.20	0:29	2:24	14	0:10	36	0:10	10.20	47:06	4:37	10	10:52	4	4:38
□□ 2	10.00	22:36	2:15	9	2:55	19	4:56	20.20	1:09:42	3:27	10	12:41	4	3:14
□□ 3	10.00	22:27	2:14	8	2:38	15	4:46	30.20	1:32:09	3:03	10	14:04	4	0:50
□□ 4	10.00	23:19	2:19	8	2:21	18	5:04	40.20	1:55:28	2:52	10	16:25	4	
□□□ Rad	10.00	25:07	2:30	8	3:15	19	14:14	50.20	2:20:35	2:48	10	19:33	4	
□□ 1	0.20	0:27	2:15	7	0:04	11	0:06	50.40	2:21:02	2:47	10	19:37	4	
□□ 2	2.50	12:06	4:50	11	2:55	28	2:55	52.90	2:33:08	2:53	10	22:32	4	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:38	6:00	13	3:32	34	3:35	55.00	2:45:46	3:00	10	25:52	25	1:19:31